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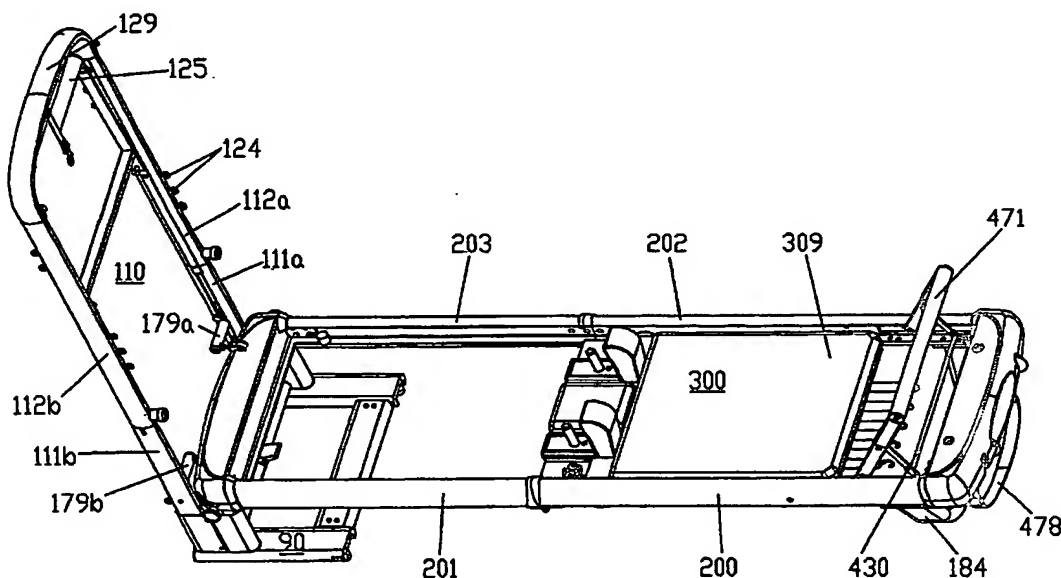
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(54) Title: FOLDABLE TRANSPORTABLE MULTIPLE FUNCTION PILATES EXERCISE APPARATUS AND METHOD



(57) Abstract: A multi-function Pilates exercise apparatus featuring a foldable frame (200-203), a counterbalance mechanism (271), a wheeled base (90), a rotatable pulley riser with a flexible pulley mount (112), gear changing apparatus (Fig. 9) and adjustable footbar (471). The frame is designed to fold into an upright position and to be rolled to a desired location. The pulley assemblies may be rotated and positioned below the carriage rails. The gear changing apparatus permits the user to adjust the carriage position with a single handed operation. The exercise system includes a reformer, a pole apparatus, and mat mode including a long/short box.



For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.